



You are a good driver...

...but as you age you may begin to experience functional changes or medical conditions that can affect your ability to drive safely. The good news is that by carefully monitoring any changes, such as your vision or reflexes, and by working with your doctor, you have the ability to adjust your driving habits or take other corrective steps that allow you to stay safe on the road. Driving is one of the greatest indications of independence.

Our local CHP officers are excited to provide an Age Well, Drive Smart class for seniors! This is a free class available to anyone attending at their local Senior Nutrition Site.

Chester: Tuesday, June 17, 2014 from 10-11:30am

Greenville: Tuesday, June 24, 2014 from 10-11:30am

Portola: Wednesday, June 25, 2014 from 10-11:30am

Quincy: Wednesday, June 18, 2014 from 10-11:30am

Learn more about this program by going to www.chp.ca.gov or call 1-800-777-0133 for a copy of the DMV handbook for seniors.

PLUMAS COUNTY SENIOR SERVICES

Dana Cash



Senior Nutrition & Transportation Coordinator /Newsletter Editor

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(530) 283-6358

**Plumas County Public Health Agency
270 County Hospital Road, Suite 206 Quincy, CA 95971**

We're on the Web!

<http://bit.ly/plumas-seniors>

COMMUNITY CONNECTIONS

Everybody Matters

We all have skills and talents. The real wealth of a community is the diversity of knowledge, skills, and experience of its people. Every person, regardless of age, income level, or education is valuable and has something to offer to others.

COMMUNITY CONNECTIONS is a county-wide Time Bank where Members earn time credits for providing volunteer services for each other. One hour of service equals one time credit, and all Members and services are equal. Members can also earn time credits by providing services that support community businesses and service organizations who are program Sponsors.

Each one of us has valuable skills and talents that can make a difference to someone else. Every hour of service you provide will earn a time credit you can use to receive an hour of service yourself. On page 5 you can read about Louise Young and her experience with Community Connections.

Here is a small sample of the 400+ services you can provide or receive :

ARTS/CRAFTS

Scrapbooking, Drawing/Painting
Knitting, Crochet, Embroidery
Sewing, Mending, Alterations

BABYSITTING

BUSINESS SERVICES

Bookkeeping
Typing/Graphic Design

COMPUTERS/TV/ ELECTRONICS

COOKING

Meal Planning, Grocery Shopping
Meal Delivery

GARDENING

Planning, Planting, Weeding
Watering, Composting, Harvesting

HEALTHY LIFESTYLES

Yoga, Massage, Relaxation, Meditation, Nutrition Guidance

HOME MAINTENANCE

Yard Care, Handyman Services, Painting, Basic Plumbing/Electrical

PET CARE

Sitting, Feeding, Walking, Grooming, Training

RECREATION

Walking, Hiking, Biking, Fly Tying, Music

TRANSPORTATION

Appointments, Field Trips, Pick-up/Delivery

VOLUNTEER to support local businesses and service organizations with activities and events.

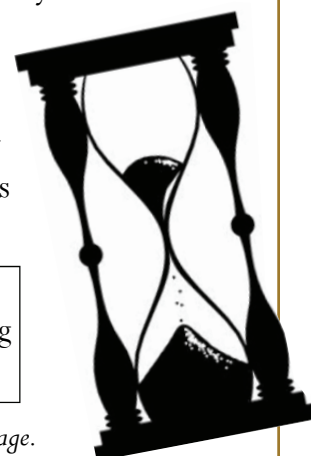
How do you become part of Community Connections?

There is an application to fill out, which you can pick up at your local nutrition site until July or print one from their website, and a background check will be preformed before you may give or receive services. The cost of being a part of this community time bank is only \$20 and only \$10 each year after.

SCHOLARSHIPS ARE AVAILABLE! Public Health, as part of the 20,000 Lives* movement in Plumas county, has scholarships available to Plumas county seniors who would like to sign up for Community Connections. These applications will be available at your local nutrition site until June 26, 2014.

About
Community
Connections

Phone: 1-800-284-3340
Email: communityconnections@plumasruralservices.org
Website: www.plumasruralservices.org



**For more information on 20,000 Lives, please visit www.countyofplumas.com under the Public Health Agency page.*

15TH SEASON of QUINCY FARMERS' MARKET

The Quincy Certified Farmers' Market is celebrating its 15th summer in Plumas County! From June 12th to August 28th the Quincy Farmers' Market will open Thursdays at 4:30pm.



Things you don't want to miss about this year's Farmers' Market:

- ♦ Qualified vendors accept EBT benefits and SFMNP* vouchers
- ♦ Chairs are available from the Farmers' Market booth – ask for one to take a break, listen to the music, or enjoy a meal
- ♦ ALL vendors are located within 150 miles of Quincy (look for our farm map at the market's information booth)
- ♦ Master Gardeners will be present each week with gardening information and troubleshooting
- ♦ There are two raffle drawings at each market – get a raffle ticket when you make any purchase and drop it in the jar at the Farmers' Market booth
- ♦ June 26th is “Family Day” featuring a student art show, musicians from Quincy High, a gymnastics performance, and kids' activities.
- ♦ And weekly massage will be back in 2014!

We're proud to be a Certified Farmers' Market, which means that the farmers sell directly to you. It's an opportunity for us to know where our food comes from, how it's grown, and shake the hand of the very person who picks those gorgeous vegetables. One goal of the Quincy Certified Farmers' Market is to increase access to locally grown food and we aim to make even more mountain grown produce available this year. This means backyard “farmers,” too. So, if you want to share your “extras” with the community, get in touch for details on how to participate!



We want to hear from you! We're here to make the Farmers' Market the best possible event for OUR community. You can email your suggestions to: manager.qcfm@gmail.com.



So, bring your shopping bags and appetite and we'll see you at the Farmers' Market!

Hannah Hepner

*Market Manager
Quincy Certified Farmers' Market*

PLUMAS COUNTY SENIOR SERVICES will be providing SFMNP* vouchers to qualified participants as well as transportation to Certified Farmers' Markets. More details on the SFMNP vouchers and a schedule of trips will be available at your local nutrition site in June.

SENIOR SUMMIT 2014

In July of 2013 Plumas County held our first Senior Summit. It was highly successful, both because we had a good turnout of seniors and a panel of knowledgeable speakers who covered a variety of topics. We were serious and hard working but had a very good time! Between sessions we mingled and chatted with seniors from different areas and enjoyed a delicious lunch served to us by the Quincy Nutrition Site.

While we do not have a definite date set for our 2014 Summit, it will most likely be in July again. As we go forward planning the Summit for 2014 we would like to hear from you on what subjects you would like covered. Nutrition, Transportation and Housing are sure to be covered but are there other topics? Perhaps more opportunities to exercise? Opportunities to learn computer skills? Learn Spanish? Learn basket weaving, watercolors, photography?

We will have suggestion sheets at each of the Nutrition Sites and look forward to your ideas.

~Nancy Lund

nedlund5@frontiernet.net

(530)284-7206

Plumas County Senior Services
danacash@countyofplumas.com
(530)283-6358

Veteran's Services: VA Pensions

Jimmy and Steve from Plumas County Veterans, want to spread the word about VA Pension availability. Veterans (or their surviving spouses) can receive a monthly pension if they served on active duty during the dates listed below, and:

- Have limited income
- 65 years or older
- Not 65 but are permanently disabled and drawing social security for your disability

- **Dates:**

World War I April 6, 1917 – November 11, 1918

World War II December 7, 1941 – December 31, 1946

Korean conflict June 27, 1950 – January 31, 1955

Vietnam era February 28, 1961 – May 7, 1975

Gulf War August 2, 1990 – through a future date to be set by law



The Veteran's Services Office is on the second floor at 270 County Hospital Road in Quincy (in the Public Health suite). Jimmy LaPlante and Steve Jennings can be reached at 283-6275, and are happy to schedule an appointment to answer any of your questions.

Plumas County Veteran's Services
On the web: www.countyofplumas.com

LOUISE YOUNG —ON COMMUNITY CONNECTIONS

*“When you change the way you look at things,
the things you look at change.”*

In 2010, my husband of 32 years passed away and although his departure was imminent, I still found myself lost. But instead of feeling sorry for myself, I was determined to fill the void by being active, productive and useful. When I heard about Community Connections, I was so excited—this was an opportunity to be useful! At the same time, I could hopefully get a few things fixed here at home. Fantastic!

A little bit about myself; I came to Quincy after finishing high school near Bavaria, Germany. It is here where I stayed all these years and formed a family. Eventually, I married a wonderful man. With 3 kids, I plunged into their activities because they needed to be driven, chaperoned, aided, and supported.

This included 4H, Scouts, Rainbow Girls, drama, choir, ski team, swim team, Little League and participating in the Plumas County Fair. Beside their pursuits, I was active in the Soroptimist Club and the Hospital Volunteer Organization. I also support the local museum, Plumas Arts, and the library. My take on volunteering is this; when you give, being alive, well and able, you do so feeling so fortunate that you receive more than you give. I have always felt invigorated by the interaction I have with others. A recent example of feeling great was after making lunch for the 18 men who laid the new floor for the Capital Arts Gallery on Main Street. They loved the food (I love to cook) and were extremely grateful.



A week ago I had my garage opener fixed. Not only was the volunteer professional, but also he finished the job with a huge smile! He also fixed a barbecue grill and a sliding door with the same positive spirit!

I look forward to giving TIME as I do things for others and I look forward to receiving TIME from someone who can solve one of my little problems around my house. Community Connections has been instrumental in my shift of looking at life – IT IS ABOUT TIME!

Learn more about Community Connections on Page 2

NUTRITION SITES

SENIOR SERVICES

The Plumas County Nutrition program staff invites you to enjoy lunch with them. Sites are open 8:00 am to 1:00 pm. Lunch is served at 12 Noon, Monday through Friday. If you are 60 years of age or older, or married to someone 60 or older, join us for a meal, fellowship, education, entertainment and fun.

Suggested donation for all meals is \$2.50 for those 60 years of age or older. Anyone under 60 may receive a meal for \$6.00.

In addition, there is a suggested donation of \$1.50 for the delivery of each meal a driver brings to your home.

Reservations are required at least one day in advance. You may sign up at a meal site or call the site for reservations. If you must cancel, due to illness or emergency, please call the site where you made the reservation. Seasonal residents and guests are welcome.



CHESTER (530) 394-7636 Carolyn Wildwood Village 366 Meadowbrook Loop Chester, CA 96020	PORTOLA (530) 832-4173 Kathy Portola Veteran's Hall 449 West Sierra St. Portola, CA 96122	BLAIRSDEN (530) 832-4173 <i>Portola Nutrition delivers meals to Blairsden on Wednesdays.</i> Mohawk Community Resource Center 8929 Highway 89 Blairsden, CA 96103
GREENVILLE (530) 284-6608 Esther Green Meadows 152 Hot Springs Road Greenville, CA 95947	QUINCY (530) 283-0643 Annette Quincy Veteran's Hall 274 Lawrence St. Quincy, CA	

RECERTIFYING *for* PLUMAS COUNTY SENIOR SERVICES

Plumas County Senior Nutrition & Transportation program will begin it's annual recertification process in May 2014. If you have received services in the past year, you will be provided with a new sign-up packet and we ask that you to fill it out as completely as possible. Some of the requirements have changed, as mentioned in our last newsletter, so the process may look a little different. If you have questions or need help filling it out, please feel free to speak with your local Nutrition Site staff or call the Senior Services Coordinator, Dana Cash, at (530)283-6358.

REGULARLY SCHEDULED TRIPS

In March, Senior Transportation started regularly scheduled trips. A survey will be sent out through the Senior Nutrition Sites and-delivered meal programs, as we would like your feedback on the new transportation routes: how they are going; are your needs being met; and how easy are they to access? In the meantime, the trips will continue to be scheduled on the timeline shown below. We will keep you informed if anything changes based on the feedback we receive.



Chester 394-7636
Carolyn

Local Shopping:
Tuesdays & Fridays

Susanville Shopping:
Every Wednesday

Chico Shopping:
Third Saturday

Medical Appointments:
Senior Transportation is available for medical appointment trips. Please call to schedule this service.

Greenville 284-6608
Esther or Ann

Local Shopping:
Every Thursday

Dining Route:
Every Wednesday Evening

Quincy Shopping:
First & Third Tuesday Afternoons

Medical Appointments:
Reno: Every First Friday
Chico: Every Third Friday
Susanville: Fourth Thursday

Susanville Shopping:
Second and Fourth Saturdays

How can I receive transportation services?

A senior, who is 60+ years of age, can sign up for a ride at their local Senior Nutrition Site or by calling the site.

How much do transportation services cost?

Senior Transportation is donation-based. A senior will not be denied services if they are unable to donate the full, or partial amount suggested.

Suggested transportation donation:

\$1.50 One-Way, In Town
\$3.00 Round Trip, In Town
\$5.00 Round Trip, In County
\$10.00 Round Trip, Out of County

Portola 832-4173
Kathy

Local Shopping:
Every Wednesday & Friday

Dining Route:
Every Wednesday Evening

Quincy Shopping:
First & Third Tuesday Afternoons

Reno Doctor Appointments:
Every Second Friday

Truckee Doctor Appts:
Every Fourth Friday

Reno Shopping:
First and Third Saturdays

Quincy 283-0643
Annette

Local Shopping:
Every Tuesday Afternoon

Dining Route:
Wednesday & Friday Evenings

Doctor Appointments:
Truckee: First Thursdays
Chico: Second Thursdays
Reno: Third Thursdays

Reno Shopping:
Every First Saturday

Chico Shopping:
Every Third Saturday

What transportation services are available?

Transportation services are available to seniors for appointments, trips to nutrition sites, shopping, and other scheduled events. The information at the left shows the regularly services in each area. Our goal is to accommodate medical appointments outside of the schedule when able.

- ♦ *If you cannot make a trip you signed up for, please call as soon as you know.*
- ♦ *Sign up at least 24 hours in advance.*
- ♦ *Trips may be canceled due to weather or staff availability.*

SENIOR TRANSPORTATION DRIVERS

Get to know your drivers! You may recognize some faces, or notice we have a few new drivers at times. Take some time to thank them for all their hard work, service, and dedication to Senior Transportation!



Chester: Debbie Fellos

Debbie has been with our program for almost 22 years. She enjoys Senior Services because every day is different, she gets to help others, and her hard work is always appreciated. Debbie likes driving clients around, and loves the wisdom imparted to her from everyone that she works with.



Greenville: Ann Newberg

Ann has worked with Senior Services for 23 years. Like all of our drivers, the people she works for are the most rewarding part of the job. To her, Plumas County is one of the prettiest places on Earth. She very much enjoys having all 4 seasons. She would like to ask you all to please keep us busy, for without you we wouldn't have anything to do!



Portola: Donnie Weldon

For Donnie, the most rewarding part of working with our Senior Transportation program is helping others. She's served worked for the past 13 1/2 years to do just that and wants you to know that if you are in need, to keep us in mind.



Portola: Peggy Lang

Peggy was born and raised in Plumas County. She moved away to the "big" city but decided to come back home to this beautiful landscape.

She has enjoyed helping seniors in her job as driver for the last 4 1/2 years. She reminds everyone to keep coming in to lunches and taking advantage of the great services available.

Quincy: Jack Earle

Jack has been with the program for nearly 4 years. What Jack enjoys most about Plumas County are the endless trails available for horseback riding and taking in the beautiful scenery. He enjoys chatting with the people, and is always willing to help out! He would like you all to remember, "Enjoy the ride!"



SUPPORT DRIVERS

Art Davis grew up in Plumas County and has enjoyed getting out to see other places and helping people by driving for Senior Services for the last 3 years.



Tristan Kadish has worked for Senior Transportation only a short length of time, since this last March. When he is not out exploring the massive bounds of Plumas National Forest, over rock, river and mountain, he is most pleased by meeting different people every day while working with Senior Services. He would like everyone to remember that in this world there will always be someone who cares and who is willing to help.



Danny Randazzo has been driving for Senior Services on and off for 2 years. He likes helping out as much as possible, especially when working with the nice people of Plumas County.



Keep an eye out for **Spence Vane Wie**, who will start working with our seniors in the Chester area soon.